

Beef Shepherds Pie

Meal Components: Vegetable, Vegetable - Starchy, Meat / Meat Alternate

Main Dishes, D-43

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue to next step immediately. 2. Add onions to ground beef and sauté for 5 minutes or until translucent.
*Fresh onions, diced	8 oz	1 1/3 cups	1 lb	2 2/3 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 1/2 oz	3/4 cup	3 oz	1 1/2 cups	
Frozen sliced carrots	2 lb 6 oz	2 qt 1/2 cup	4 lb 12 oz	1 gal 1 cup	3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
AND	AND	AND	AND	AND	
Frozen peas	2 lb 6 oz	1 qt 3 1/2 cups	4 lb 12 oz	3 qt 3 cups	
OR	OR	OR	OR	OR	

Beef stock, non-MSG		2 qt		1 gal	4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil . Remove from heat and reserve for step 5.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Water, cold		1 cup		2 cups	
Dried thyme		1 Tbsp		2 Tbsp	5. Add thyme, pepper, onion salt, and salt to cornstarch gravy.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	6. Add gravy to ground beef mixture. 7. Pour 3 qt 3 cups (8 lb) of ground beef mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Water, boiling		1 qt 2 cups		3 qt	8. Place boiling water and milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle attachment for 1 minute, until well

Lowfat 1% milk, hot		1 qt 2 cups		3 qt
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups
Potato flakes	2 lb	1 gal 2 cups	4 lb	2 gal 1 qt
Salt		2 1/2 tsp		1 Tbsp 2 tsp
Paprika		1 tsp		2 tsp

9. Spread 4 lb 2 oz (2 qt ¾ cup) of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.

10. Bake: Conventional oven: 375° F for 45 minutes Convection oven: 350° F for 30 minutes
CCP: Heat to 165° F or higher for at least 15 seconds.

11. CCP: Hold for hot service at 135° F or higher.
Cut each pan 5 x 5 (25 portions per pan).

Notes
* See Marketing Guide.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz

Serving	Yield	Volume
1 piece provides 2 oz equivalent meat, 1/2 cup starchy vegetable, and 1/4 cup additional vegetable	50 Servings: about 25 lb 100 Servings: about 50 lb	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans

Nutrients Per Serving					
Calories	294	Saturated Fat	5.09 g	Iron	2.43 mg
Protein	19.48 g	Cholesterol	52 mg	Calcium	73 mg
Carbohydrate	23.77 g	Vitamin A	3969 IU	Sodium	442 mg
Total Fat	13.24 g	Vitamin C	18.4 mg	Dietary Fiber	3.3 g